

ABSTRACT

The present invention provides an oral skin moisturizer that is readily available to those who are suffering from dry skin, has
5 no side effects, and when orally ingested, enhances the moisture-retaining ability of the skin. The invention also provides food products or the like that contain the oral skin moisturizer. Specifically, the oral skin moisturizer contains, as an active ingredient, a extract of a plant of the genus *Lepidium* of the family
10 *Cruciferae*. More specifically, the oral skin moisturizer contains as an active ingredient a extract of maca (*Lepidium meyenii* Walp). Food products, liquors, functional food products, and pharmaceutical products containing the oral skin moisturizer are also provided.